

Policy and Procedures

All workers will have a good knowledge of Child Protection and will work within the guidelines of Aylesbury Women's Aid's 'Safeguarding and Protection of Children and Young People' policy.

The group sessions will also work within the guidelines of Aylesbury Women's Aid's policies and procedures. The following is not exclusive but will include:

- Equal Opportunities and Anti-Discrimination Practice
- Confidentiality and Access to Information
- Health and Safety
- Complaints and Comments
- Protection from Abuse
- Children's Rights (Women's Aid)

All policies are available on request.

All complaints/comments will be taken seriously. If you would like to make a complaint or comment please contact the Head of Services of Aylesbury Women's Aid on 01296 436827 or email denise@awaid.demon.co.uk and request the relevant forms and information.



The Primary Purpose of Helping Hands is:

“to increase children’s understanding of feeling safe and to explore and promote behaviours which will contribute to a safe environment”



Facilitated by Aylesbury Women's Aid

Devised by Women's Aid Federation Northern Ireland



Key Messages of the Helping Hands Programme

“We all have the right to feel safe all the time”

“There is nothing so awful (or so small) that we cannot talk about it with someone”

“Others have the right to feel safe with us”

How the Programme Helps Children

- Develops level of self-esteem and confidence
- Enables to explore and express feelings
- Informs of the right to feel safe at all times
- Increase ability in safety planning
- Encourages asking for support when needed
- Empowers to identify own personal support network
- Explores how choice of behaviour can affect the feeling of others
- Identifies ways to manage conflict.



Details of Sessions

- Each programme will consist of 6 sessions starting at 4.00 pm on Wednesdays for 50 minutes.
- A maximum of 8 children per group
- Two qualified workers from Aylesbury Women’s Aid will facilitate the programme

Support for the Non-Abusing Parent

- A support group for mothers will run alongside the programme. (If the non-abusing parent is a man, alternative support will be set up)
- Prior to the group sessions there will be an opportunity for mothers to discuss any concerns they may have with the facilitators.
- Each parent will have telephone access to the group facilitators during the 6 week period.

Helping Hands Lead

Susan Smith 01296 436827

